

# Italian Meatballs

**Makes:** 6 Servings

Make at least half your grains whole. To eat more whole grains, quick oats can be used in place of bread crumbs in meatloaf, meatballs, or in chicken and fish patties.

## Ingredients

- 1 pound** lean ground beef
- 1** egg
- 1/4 cup** quick oats
- 1 tablespoon** garlic powder
- 2 teaspoons** dried Italian seasoning
- 1/2 teaspoon** black pepper
- 1/2 teaspoon** salt
- 1/8 teaspoon** cumin (if you like)
- 1/4 cup** peanut butter
- nonstick cooking spray

## Directions

1. Preheat oven to 325 degrees F.
2. In a large mixing bowl, combine all of the ingredients. If using cumin, add that too. Mix well.
3. Form meat mixture into 1 ½-inch balls.
4. Coat baking sheet with nonstick cooking spray. Place

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>220</b>
<b>Total Fat</b>	<b>16 g</b>
Saturated Fat	6 g
Cholesterol	90
<b>Sodium</b>	<b>260 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>
Vitamin D	N/A
Calcium	22 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available

meatballs on baking sheet lined with foil.

5. Bake for 20 to 30 minutes, or until browned.

**Source:** Recipe adapted from [food.com](http://food.com)